



YOU ARE INVITED!!!
MOVE IT MONDAY

with Coldiron Club Fitness

MONDAY MARCH 11, 2019

MONDAY APRIL 8, 2019

MONDAY MAY 13, 2019

7-8 p.m.

Hermitage Farm Center for Healing

6415 West River Rd NW

Rochester, MN

*30 minute full body workout

*Product taste-testing and sampling *Prize give-away

*FUN!!

